

The Bush Telegraph

April 2022 - The Spring Issue



The quarterly newsletter of The Bushwood Area Residents' Association

FINLAY RUNS FOR UKRAINE

Bushwood boy, Finn Davies laced up his trainers last month to raise funds to support Ukraine.

In February we learnt the terrible news that Russia had invaded Ukraine and our tv screens, the radio and social media brought us scenes of devastation. Civilians in Ukraine have since endured weeks of attacks to their homes, their communities and their lives.

After hearing of the events happening in Ukraine, one young Bushwooder, Finn, decided to put his trainers on and run 5k a day for 7 days, to raise money for Medecines Sans Frontiers/Doctors without Borders (MSF) who are sending medical supplies and personnel to Ukraine, to help the injured.

To date, MSF have brought more than 225 metric tonnes of medical and relief supplies into Ukraine, making every effort to ensure it reaches the places where it is most needed. They have also brought in five shipping containers filled with thermal blankets, sleeping bags, warm clothes and hygiene items.

On 1 April MSF completed its first medical train referral, taking nine patients who had been wounded in or near Mariupol from hospitals in Zaporizhzhia to hospitals in Lviv. The two-carriage train is kitted out as a basic hospital ward, with a team of nine MSF medical

staff on board. Finn, who is a pupil at Leytonstone School, was keen to try and support a medical organisation who were helping the injured in Ukraine. The valuable work MSF carries out as an international, independent medical humanitarian organisation meant it was a favoured charity.

With an aim to raise £150, Finn was pleasantly surprised to smash that target by the time he had completed his first run. With very little training but with the determination of an Olympian, he clocked up the kilometres through the week after school. He paced along Bushwood pavements, the woods and Wanstead flats accompanied by family and finally finished his last run the following weekend along with his friend Jackson. Thanks to kind family, friends and neighbours, he has managed to raise almost £2,000 which will be put to good use by MSF.

Did you enjoy it Finn? Yes but I'd prefer to be on a skateboard. So what next? Maybe just some refuelling and working my way through some Easter eggs for now.

Finn would like to thank everyone who supported him. If you do want to make a donation to Finn's page you can still do so: <https://www.justgiving.com/fundraising/anna-davies55>

Well done young man!



Finlay on Wanstead Flats



Kate and Katie in character as the BARA Easter Bunnies while children hunt for eggs

Return of the Easter bunnies

The BARA Easter bunnies were back after a couple of years hibernating through Covid.

The first inkling that something was afoot was a reported sighting of a large white rabbit driving a car up Mornington Road. This was followed by a report of two rabbits moving suspiciously among the trees and bushes in Henry Reynolds Gardens; but all was well as it was only the Easter Bunnies preparing for the BARA Easter Egg Hunt. The Bunnies (Katy and Kate) are pleased to report that over 50 children were registered to take part and apart from one Dad catching Covid and one case of chicken pox nearly all the other children turned up, not just on time, but early, excited and eager to get started. There were bunny ears on show and lots of lovely Easter baskets. The children all had a great time and were very happy to receive their Easter egg once they had completed the hunt for the five different coloured eggs. A great time was had by all and the Easter Bunnies are all set for another event next year.

Note From The Chair



Since this is the first Bush Telegraph of 2022, I wanted to start this letter by commenting on the New Year, but as it's already April, I suppose it's best to look forward rather than back! Given how quickly time seems to be flying by, it's clear that we're not in lockdown anymore, which is one consolation.

For those of you who don't know me, and are wondering where the 'other guy' is, I should explain a few changes that have taken place with the committee. Following the AGM, which I'll talk about more in a moment, Doug decided to step down as Chair of BARA. Despite his repeated claims that it was only ever a temporary measure, Doug was Chair for four years. His contribution to BARA and neighbourhood life in general has been immense, so on behalf of all of our members I'd like to thank him for steering us through a few difficult years. Thankfully, Doug's not leaving us, and will stay on as Vice-Chair. Looking to the future, we've decided to adopt a 'rolling chair' model, which means that, for now, I'm in the hot-seat. There have been a few other changes on the committee, with Annette (Planning) and Jan (Secretary) both leaving us. Again, the time and commitment they've put into helping the committee run smoothly is considerable, so we're sorry to see them go. RoseMary Warrington will take over Planning responsibilities, and we're delighted to welcome Joyce Quarrie back to the committee. She'll be helping out the Social Team, as well as continuing her valued support on the BT as sub-editor.

Continuing in a thankful spirit, we're grateful to all of you who managed to join our AGM in January. We had hoped to combine this with our annual member's party, but the uptick in Covid cases meant that we needed to put the safety of our community first. Despite the lack of refreshments, attendance at our virtual AGM was an all-time high, no doubt motivated by a passionate debate about the WF Local Plan and the potential implications of development in Leytonstone. It was great to see so many people engaged with the issues, and hear so many perspectives put forward.

As the government's official position is that we begin 'living with Covid,' we're cautiously optimistic about returning to a full agenda of social events this year. Already, we've enjoyed an Easter Egg Hunt, Family Bingo at The Birds, hosted by local numerical professor Billy Bingo PhD, and a fully sold out Quiz, with catering provided by Zara's Treats. All the prizes were sourced from local businesses, so it felt like a real celebration of our local community. Looking ahead, please save the date for 25 June, when we hope to have our summer Party In The Park at Henry Reynolds Gardens. We're also planning to have our delayed members' party in the autumn. Finally, as the weather improves, we hope to see more of you at our Litter Picks on the second Sunday of every month. It's amazing how much we can achieve in just an hour.

My final thanks go to you, our valued members, for your ongoing support of BARA. I look forward to meeting more of you at future events.

Andy Irvine
BARA Chair

The BARA Team

BARA Committee

Andy Irvine
Chair
Leybourne Road

Doug Sheedy
Vice Chair & Membership
Barclay Road

Anna Davies
Treasurer
Browning Road

RoseMary Warrington
Environmental & Planning
Mornington Road

Kate Duffy
Social & Facebook
St Augustines's Court

Katy Smith
Safer Neighbourhoods Team
Harvey Road

Will Higham
Town Team &
High Street Liaison
Leybourne Road

Nadia Higham
Leybourne Road

Robbyn Linden
Aylmer Road

Joyce Quarrie
Bush Telegraph
Leybourne Road

Fiona Sinclair
Membership
BARA e-Mail Newsletter
Leybourne Road

James Cowen
BT Editor
Library of Things
Website
Lister Road

BARA Road Representatives

Aylmer Road
Alex Maws, 1 Aylmer Road
Barclay Road
Doug Sheedy, 11 Barclay Road
Barfield Road
Alex Maws, 1 Aylmer Road
Beacontree Road
Janet Lee, drop at 14 Beacontree Rd

Browning Road
Anna Davies, 21 Browning Road
Bushwood
Brian Hopson, 49 Bushwood
Carlton Road
Alex Maws, 1 Aylmer Road
Colt's Yard
Jan Osterley, 4 Colt's Yard

Dacre Road
Alex Maws, 1 Aylmer Road
Forest View
Liz Maloy Jollands, 5 Forest View
Grove Road
Doug Sheedy, 11 Barclay Road
Hartley Road
Andrew Shields, 9 Hartley Road

Harvey Road
Katy Smith, 37A Harvey Road
High Road
Doug Sheedy, 11 Barclay Road
John Drinkwater
Anna Davies, 21 Browning Road

Leybourne Road
Joyce Quarrie, 67 Leybourne Road
Leyspring Road
Benedikt Humm, 63 Leyspring Road
Lister Road
Helen Westerby, 50 Lister Road

Michael Road
Sue House, 32 Michael Road
Mornington Road
RoseMary Warrington, 88 Mornington Rd
St Augustine's Ct
Kate Duffy, 29 St Augustine's Court

St John's Court
Kate Duffy, 29 St Augustine's Court
St Mary's Court
Kate Duffy, 29 St Augustine's Court
Stanmore Road
Tony Pamphilon, 28 Stanmore Road
Woodville Road
Kate Duffy, 29 St Augustine's Court

For membership, please visit your road rep to make the £3 payment and receive your discount card or subscribe online at our website. If you would like to get in touch with BARA or require further information on the area and a list of local services then please email BARACONNECT@GMAIL.COM or visit the BARA website.

Thanks to Joyce Quarrie for subbing & editing and to all of this issue's contributors, we are always looking for Bushwood or Leytonstone articles, stories and ideas for the Bush Telegraph. If you would like to contribute please get in touch with the editorial team at BARACONNECT@GMAIL.COM


If you would like to add your event to future listings or would like to be added to the advert board then please get in touch. If you are a reliable local trader, or you organise events or run free groups for Bushwooders, then we want to hear from you. We can help promote and support your event.

Please support BARA and follow us on our social media pages

 BARACONNECT@gmail.com

 www.bara.london

 [Bushwood Area Residents' Association](https://www.facebook.com/BushwoodAreaResidentsAssociation)

 [@BARA.e11](https://www.instagram.com/BARA.e11)

WORD ON THE (HIGH) STREET

William Higham, BARA committee and Leytonstone Town Team Steering Group member, gives his latest update on the High Street.

When any two Bushwood area residents meet, one of the topics most likely to come up is the state of our High Street. Which new shops are rumoured to be opening and which are closing down. Or perhaps simply how envious we are of other high streets... It can be frustrating to feel that, as residents, we can't do anything about favourite businesses being forced to close, and so few shops on the strip catering to genuine local and family needs (how many estate agents or nail bars does Leytonstone really need?).

But the Town Team has now come up with three ways you can help – if you have a little spare time and/or particular skills.

The Town Team was initially set up as a networking service for local retailers. And with the next Summer In The Stone festival offering three makers' markets and an open air photo exhibition around the High Street, that will continue. But, given how bad the last couple

of years has been for local retail, the Team is now focused on finding practical ways to help stores, and the High Street, stay viable.

The Council works closely with the Town Team. For instance, Waltham Forest has just put together a task force specifically to find new ways to rejuvenate the High Street, combining the planning, licensing, parking, highways, property, regeneration and neighbourhood departments. BARA is working with them to identify key issues, which will lead to each department being given specific actions to achieve.

But transforming the High Street is a huge job. Even with the Council's help, we're still a small team. And we would really welcome the assistance of local residents. There are three ways residents can help.

One: share your skills

The Team wants to be able to offer local retailers assistance across the board: from legal help to design skills to marketing advice. Any-thing that might help retailers thrive. If you have practical skills that could help on this, and time to offer occasional advice – either face to face or virtually – just let us know. We'd also love some help with our social media – assisting with the admin, posting stories or photos of your favourite local shops, or even just following us. Check us out on Instagram ([leytonstoneloveslocal](https://www.instagram.com/leytonstoneloveslocal)), Facebook ([@leytonstoneloveslocal](https://www.facebook.com/leytonstoneloveslocal)) and Twitter ([@loves_local](https://twitter.com/loves_local)).

Two: spread the word

Survey after survey has shown that today the best way to boost a business or enterprise is through positive word of mouth. So if every time you have a positive experience at a local shop, cafe or restaurant, if you could find a way to spread the word then everyone will benefit. There are lots of opportunities to do this, from Google and Facebook reviews to Trustpilot. You could also email the shop or

cafe directly, so they can put your review on their site.

Three: show your support

Looking to the future, there may be opportunities for local letter writing or fundraising to help boost the cause. Strong local support for a business might be able to persuade an entity like Network Rail or ArchCo to help out – or perhaps even sway a judge at a hearing. Or for locally-oriented retail outlets looking for spaces to rent on the High Street, it would be great to have a few residents saying how much they want to see, say, a new deli, independent bookshop or cinema here (watch this space for possible news on the latter). We're trying to get a wider team together, so do let us know if you might be up for such things in future – with no obligation!

There are no easy solutions for our High Street. But the more people we have working together, the better chance we've got. If you'd like to help – or if you've any suggestions of what the new Council task force should focus on – just email me and I'll put you in touch with the right people. william@next-big-thing.net

Stop Press

Great news. Not strictly on the High Street, but something that will benefit businesses and residents. Three Leytonstone residents, including BARA member Jake Green, have pitched an idea for the Good Shepherd Building that's just been accepted by the Council. The building – on Davies Lane, part of The Pastures complex – is going to be turned into a community building that will include co-working spaces for local entrepreneurs, creative spaces for local artists and a cafe for all.

Says Danielle Gilbert, one of the three behind the proposal: "We're so excited about bringing the building to life and enhancing the lives of fellow Leytonstone residents".

THE BARA QUIZ IS BACK

After a two year hiatus we were finally able to bring together the brains of Bushwood for food, drinks, prizes (oooh lots of prizes) and a good old quiz.

Thanks to the talent of our very own James and his team of musicians, lego builders and voice actors, we did enjoy alternative and entertaining lockdown quizzes over the last two years, however, with restrictions lifted it was great to be able to get back together and socialise at the BARA Quiz at the Leytonstone Social Club.

New and old faces arrived and were welcomed with a tasty feast from Zara (www.chefzarakitcheneast.com) of Jerk Chicken and Jerk Tempeh, Mutton Curry and Vegetable Curry. Our favourite Quizmaster, Paul, took us through several rounds on various subjects to recall our collections from the hippocampus and the bar was well attended.

A raffle took place giving everyone chances to win vouchers for our favourite independent high street cafes and restaurants including La Rioja, Unity Café, San Marino, SpiceBox and Theatre of Wine. The night was concluded with the number one collective of genius' known as 'Putin on the Ritz' picking up first prize in the quiz with vouchers to spend at Mini Market. The lucky last runners up, were each privileged to take home Doug's outstanding Lemon Drizzle cake. I've heard it's so good it's worth coming last for. All agreed it was a thoroughly enjoyable night and great to see our neighbours and friends.



THE MAGIC NUMBERS



BARA re-launched its children's bingo series on a Sunday afternoon in February. The action happened in the upstairs room at The Birds pub. Light, airy and with a small but well-stocked bar, this location was no accident. It meant local parents had a chance to catch up over a pint while the children stayed busy: there were chocolates and Argos toy vouchers at stake, these kids were playing to win.

Keeping players on their toes was the bumbling Professor Billy Bingo. Will Higham played the self-confessed number-nerd, weirdly pre-occupied with a missing hamster. He was aided by glamorous assistant Katy and between them they called the numbers, mixed up the games and got plenty of laughs.

"It's great to get our bingo afternoons back," said Katy, one of the original team, "They're free for members and fun for all!" Look out for our next session.



Grace Regan of her Leytonstone restaurant

The latest addition to the Leytonstone restaurant scene is the result of one woman's passion for India coupled with a love of all things vegetable. The two things come together in a unique and flavoursome way. Joyce Quarrie chats to Grace Regan, the owner of SpiceBox.

You can go back to the middle of the 18th century and find curry and rice on restaurant menus in the UK. *The Art of Cookery Made Plain & Easy* published in 1777 contained recipes for Indian pilau with later editions covering Indian recipes for meats and chicken. Indian food contributes more than £5bn to the British economy and over 20 years ago the then Foreign Secretary, Robin Cook, declared that chicken tikka masala was a British national dish. So it's no surprise that we find curry houses in Leytonstone and the latest addition is a multi-award-winning one.

It started in Walthamstow in 2019 when Grace Regan opened the first SpiceBox. It was an instant success and won numerous awards. Then last October she opened the Leytonstone branch. You can't miss the bright and colourful exterior just opposite Barclay's on the High Road. The interior is just as exciting – as is the food.

Dolly

Grace has been a foodie all her life. "I can't remember not being interested in food. I really got into cooking around the age of 11 or 12". She credits her love of curry to her great-aunt Dolly who is from Chennai (formerly known as Madras – there's a curry to be reckoned with!). Dolly married her mum's uncle which explains why her mother spent a lot of time in India, as has Grace. "I haven't been back since Covid but I'm hoping to get there later this year and ideally I'd like to live there one day".

Grace's path to running restaurants has been interesting. An English literature graduate, she took a strong interest in journalism and the media while at university and always hoped to start her own business. When a friend approached her to help develop a news app aimed at millennials she jumped at the chance. Grace spent three years working in this field including an eight-month period in California where the varied and interesting cuisine led her to



Grace started from home delivering dishes to friends for their feedback, then set up a takeaway from home. A trickle of orders developed into a steady stream and her fame spread quickly.

move from vegetarianism to becoming vegan. It was an easy thing to do in California in 2015 where the vegan food scene was exploding. "It is such an easy, enjoyable way to do my bit for the planet and my health" says Grace.

"As my interest in food increased my commitment to the tech world was fading" she remembers. But what to do next? Grace found her two loves of vegetables and Indian food coming together so she moved back to London and started developing what was to become her SpiceBox menu.

Festivals

Grace started from home delivering dishes to friends for their feedback, then set up a takeaway from home. A trickle of orders developed into a steady stream and her fame spread quickly. Before long one of her recipes was on the Evening Standard's list of best vegetarian dishes in London. This quickly led to becoming a street food trader with a stall at Druid Street market in Bermondsey and two and half years travelling all over the UK to festivals feeding thousands of people at a time. Wilderness, British Summer Time in Hyde Park, Victoria Park and the Cambridge Folk Festival are just some of the events where Grace has catered. The memories of these times are vivid. "The festival world is full of vibrant characters and my memories are pretty vibrant too" says Grace. "I felt like I had run away and joined the circus. It was lots of fun and very hard work. I remember one festival in Wales being in the back kitchen up to our knees in mud. We hardly sold anything and I remember trying to clean the mud off crates of cauliflower to save

them. But the experience meant I learned to drive a van and cook for thousands of people and work really, really hard."

Grace was too busy cooking to meet any of the stars of the festivals but when she lived near Columbia Road comedian Josh Widdicombe was a regular customer as he lived nearby.

In January 2019 SpiceBox Walthamstow opened on Hoe Street and was an immediate success. By this time Grace had teamed up with Alpesh Chauhan who she had met through a Deliveroo incubator scheme. Having trained at Prue Leith's restaurant and worked in management for the Carluccio's brand, Alpesh brought a lot of experience to the table and was perfect for handling the operations side of the business.

For an award-winning restaurateur Grace is a simple cook. She likes dishes that are easily put together and that you can cook quickly – perfect for vegan food. She loves to take vegetables and create textures with the addition of dressings and salsas. And come the summer she's one of the first cooking over charcoal on a barbecue.

Cookbook

The recently published SpiceBox cookbook is full of easy-to-cook recipes that are delicious. It is important to Grace that the ingredients for her dishes can be sourced quickly and easily. Recipes generally have just three or four main ingredients and contain spices that most people have in the cupboard.

The diversity of flavours in her dishes makes them stand out. The cookbook has over 100 recipes including the one for butterbean, squash, spinach and coconut curry that won the Evening Standard award. It's worth getting the cookbook just for that one. You won't be disappointed. And there are no less than 10 dahl recipes in the book, all gems. The fact that the SpiceBox tarka dahl won the Best Dal in Britain Award at the 2018 British Dal Festival says it all. In the little spare time that Grace has any lucky friends who are invited over for a

meal are likely to find dahl on the menu.

Obviously Indian food is top of her list of favourite food but Grace enjoys food from all over the world and Mediterranean, Spanish and Italian food are among her other favourites. When I tried to pin her down on her favourite Indian food she struggled. "It's all so good. I eat a lot of sabzi (Hindi for vegetable) which is a stir-fry mix of vegetables with a base of onion, garlic, ginger and spices. It is so adaptable to what you have in the cupboard. It's a really easy and quick way to cook vegetables and if you add some coconut that makes it extra-special."

Dosa that originates from Kerala, is another favourite. "A simple dosa with sambar (vegetable stew), chutney and coconut wins with me every time" says Grace.

As well as the colourful restaurant on the High Road, SpiceBox does takeaway and delivery that includes the tiffin tin, perfect for those wanting to cut down on packaging. You pay a small deposit for a tiffin tin and there's a separate menu. Choose four dishes to fill the four layers of the tin and you'll have enough to feed two people. The tin keeps the food piping hot. The next time you order your original tin is taken back.

And if that's not enough there's a great weekend brunch menu. Enjoy a Full Indian, a bricoche bun with a vegan shroom keema, special pancakes with a spicy flair, granola with a difference or a real twist to a bacon or sausage butty that are vegan and served in naan bread! Once tried, never forgotten!

With a menu that exclusively uses vegetables moving constantly towards organic produce, a strong recycling ethos and a monthly wellness allowance for staff SpiceBox is a business that ticks all the boxes. And most importantly of all it has a varied, unusual and delicious menu. What's not to like?

Spicebox, 686 High Road Leytonstone, E11 3AA. 020 7684 5952. **Open Wednesday-Sunday 5.30pm-9pm. Weekend brunch Saturday/Sunday 10am-2pm.**

Spicebox Community Cookery Class

We partnered with Spicebox to offer our members the opportunity to experience a cooking lesson from Grace at the Leytonstone restaurant. She demonstrated three recipes from her book to 20 BARA members while they enjoyed drinks from the bar. The recipes were Veg Sabzi, Jeera Aloo and the 15-Minute One-Pot Dahl. Grace shared some of her own secrets on how to bring out the best in your ingredients when cooking at home. After the lesson there was an opportunity for drinks and mingling while tasting some of the awesome food that was cooked.

We hope to team up with other local businesses in the future and bring more exclusive events to our members. If you are a local business and want to plan a special BARA event then please get in touch.



A Brief History of Curry in the UK

From its earliest appearance in the UK in the 18th century, curry has been found in restaurants and in cookery books. *The Art of Cookery Made Plain & Easy*, published in 1747, had recipes for Indian pilau and later editions had meat and pickle recipes using Indian spices. Indian food got a further boost when it was promoted as an aid to digestion and a stimulant that improved blood circulation leading to a more vigorous mind. In William Thackeray's *Vanity Fair* published in 1847, Becky Sharp is shown to react strongly to curry and chilli peppers. And royal patronage through Queen Victoria's love of all things Indian helped add to the growing popularity of Indian food. Through her employment of Indian servants, she was introduced to curry, dal and pilau. Her grandson, George V, was said to be only interested in eating curry and Bombay duck.

By the 19th century terms such as korma, madras and vindaloo were part of the culinary vocabulary. Chicken tikka masala is a British invention whose origins are attributed to various sources, one being that it was developed by a Glasgow chef who added tomato soup and spices to a butter chicken dish. Balti is often said to be another British invention originating in Birmingham although balti gosht is eaten in northern India and some parts of Pakistan. But there's no denying the balti triangle and surrounding areas found in Birmingham.

A lot of the early restaurants in the UK, particularly in the port cities, were started by Pakistani and Bangladeshi chefs but they were labelled as Indian to appeal to a broader audience. Even the word curry is British. There have been Indian curry houses and restaurants in London for over 200 years, the oldest still in existence is Veeraswamy in Regent Street, now in its 96th year.

The popularity of Indian food grew but it was post-war Britain that saw the Indian restaurant scene expand as Bangladeshi cooks took over fish and chip shops and began serving Indian food alongside. They also stayed open longer and the tradition of a night at the pub and a curry afterwards flourished. Gradually English food disappeared off these menus and inexpensive takeaways and restaurants took their place. There are said to be as many Indian restaurants in Greater London as in Delhi and Mumbai combined.



THE RED LION

If portion size is your concern then The Red Lion is the place to go. Our plate arrived with an extremely generous portion of beef smothered in a rich gravy. The vegetables included red cabbage, broccoli and kale. A large crispy Yorkshire placed on top completed a very good roast dinner. Booking was required and the pub was full of bursting including a live band playing. This created quite an atmosphere that might be a bit too much for those looking for a quiet meal. Three roast options available - chicken, beef and a rather good nut roast rolled in pastry. Nice smaller roast plates for children are available. All food and drink orders are taken at the bar.

Prices: Adult -£15-£17 Child-£8
Veggie Options: Nut roast in pastry £14
Location: 640 High Road, Leytonstone
Serving Roasts: 12pm-7pm
Website: theredlionleytonstone.com



ROAST

Is there anything better than spending Sunday afternoon eating lunch in a local pub? For the past few weeks the BARA committee have been testing local venues to find our favourite Sunday roast. The pubs we tried are all dog and child friendly and a great way to unwind after a nice Sunday walk. Experiences and quality may differ to what we experienced on our visits and depend on the time of day. All pubs recommend coming earlier and booking in advance to avoid disappointment as ingredients can run out later in the day.



Prices: Adult £15-£17 Child £8
Veggie Options: Nut roast in pastry £14
Location: 692 High Road, Leytonstone
Serving: 12-6pm
Website: thebirds.pub

THE BIRDS

The first thing you notice about The Birds is how spacious and relaxed it is. We arrived without booking and took one of the large tables. We ordered at the bar and lunch arrived in just a few minutes. The relaxed, peaceful ambience with friendly and prompt service was really nice. The vegetables supplied with all the dinners are red cabbage, carrots and mashed swede. Unfortunately there isn't a child's portion available so you'll need to buy a full dinner for little ones. A very nice place to eat a meal, my only complaint was that the Yorkshire pudding could have been better, I would have preferred a big crispy balloon Yorkshire than the unorthodox flat batter cake hidden under the pork. This could be a one off though and have since heard reports of quality Yorkshires being served.

THE BULL

This is one of those lovely old-style pubs that makes you crave a Sunday Roast even when it's only Tuesday. So it's no surprise to find a great range of roast options on offer. There's even one for dogs! And for the undecided human, there's a "50/50" choice that combines beef and pork.

I went for the Vegan Veg Wellington. Encasing non-meat stuff in pastry seems the order of the day for veggie roasts and I'm always keen to see what different kitchens make of them. This one was alright. Fab for vampire dodgers as garlic featured heavily.

The rest of the group were happy with their meat dishes. There was a respectable spread of sides (eg, braised red cabbage and gravy in a separate boat). Sadly the Yorkshires, while fluffy, were cold. To the friendly staff's credit, they dashed off and nuked my tepid plate with a smile.



Prices: Adult £15-£17 Child £8
Veggie Options: Nut roast in pastry £14
Location: 129 High Street, Wanstead
Serving: 12-6pm
Website: thebullwanstead.com

THE HOLLY TREE

A nice walk across the flats will lead you to the recently refurbished Holly Tree. A big space with multiple dining areas including a snug with a roaring open fire and heated outside seating. The miniature railway that operates at the weekends will keep the kids entertained. We'd heard good things about the The Holly Tree's Sunday lunch and it didn't disappoint. The pub offered the biggest menu we'd seen and included all the meats. With beef, pork belly and a chicken quarter on the menu The Holly Tree is one of the only places that are offering lamb. Orders are taken at the bar, service was great and food was exceptional. The veggies supplied were carrots, green beans and red cabbage. We didn't book but it might be recommended to avoid disappointment or to get the nice snug by the fire. The Holly Tree is going to be tough to beat.

Heathcote & Star
Beef Roast



Prices: Adult £18-£19 Child Half Price
Veggie Options: Nut Roast £16
Location: 344 Grove Green Road
Serving: 12-7pm
Website: heathcoteandstar.co.uk



The Holly Tree
beef roast

Prices: Adult £14.50-£17.25 Child Half price
Veggie Options: Walnut and vegetable roast
Location: 141 Dames Road
Serving: 12-7pm
Website: thehollytreepub.co.uk

HEATHCOTE AND STAR

This is a cool corner of E11, clustered with the newish Unity Cafe and Jo & Kesi. If not in their giant garden, make sure you sit in the front part of the pub for this one, and you'll be impressed – it's comfortable and quietly buzzy (the games room can feel noisy and dark). Currently Hoof & Claw have a kitchen residence and are handling the roasts. The Heathcote does half roasts at half price, aimed at children but great for grown ups who want to take it easy. We were a table of six, and meat eaters and veggies alike were happy. Meats available are pork belly, half a roast chicken and rolled ribeye beef.

HITCHCOCK HOTEL



Prices: Adult £19.50-£22.50
Veggie Options: Veg Wellington £16.50
Location: 147 Whipps Cross Road
Serving: 12-7pm
Website: thehitchcockhotel.com

Although priced on the high-end, the team at the Alfred Hitchcock Hotel certainly seem to know what they're doing. The staff are friendly and attentive, the menu is simple and unfussy, and the quality is excellent. We had the 50-day aged roast rib of beef and the crackling Berkshire rolled pork belly. Both were delicious, although the pork had a high fat-to-meat ratio (even for pork belly), and were served with a large Yorkshire pudding, wonderfully crunchy roast potatoes and a neat selection of vegetables. Servers were particularly proud (rightly so) of their mouth-watering jus – call it 'gravy' at your peril. Dogs are welcome, and although there's no kids' menu per se, half portions can be arranged. Only two meats available, pork and beef with a vegetable wellington for the vegetarian option. Overall, this is a great addition to the Leytonstone food scene, albeit one that you might save for a special occasion.

LEYTONSTONE TAVERN



Prices: Adult £16.50-£23 Child £7.50
Veggie Options: Veg Wellington £14.50
Location: 119 Harrow Rd, Leytonstone
Serving: 12-7pm
Website: leytonstonetavern.com

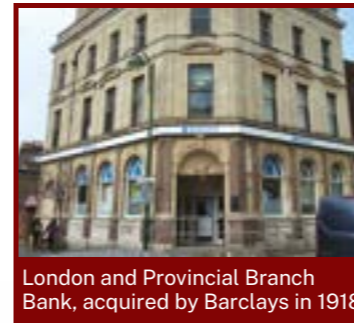
Our last stop on the Sunday lunch quest was our favourite. Booking through the website was necessary as the Leytonstone Tavern is very popular. With two large dining rooms and a space to eat outside we were given a friendly welcome on the door. No ordering at the bar, this is all table service which was exceptional and when the food arrived it was beautifully presented. The 'balloon' of a Yorkshire needs planning permission it was so big and the gravy was perfect. The vegetables included were carrots, savoy cabbage, parsnips and a piece of butternut squash. Priced ever so slightly higher than some of the others all meats were on the menu including a lamb rump at £23. A generous child's plate is available for £7.50 and if any of your party don't fancy a roast you can get a burger too. The Leytonstone Tavern is an absolute treat, they keep it simple with quality food, well cooked and in a generous portion. The Tavern takes BARA's 2022 award for the Golden Yorkshire and we highly recommend it.

IN THE EARLY DAYS

I was lucky enough to be loaned a scrapbook comprising descriptions and records of Leytonstone from the start of the 20th century, created by local residents Roy and Esmé Chapman. The detailed account of Leytonstone High Road is particularly interesting: the iconic Bearman's store is part of local folklore but what were the other shops along the road – and what remains? Andrew Shields takes a stroll to find out.

Roy and Esmé's scrapbook is entitled 'Leytonstone at 1904' but their record of the High Road is from much later. It's set out here exactly as they wrote it.

The reference to their father's shop having been bombed in 1940 places it post-war while the Rialto cinema stood until 1974. Would any readers with long memories like to hazard a date – or tell us more about shops and cafés they remember? I'm also intrigued by the 'tiny pub' mentioned between the Birds and the Red Lion!



London and Provincial Branch Bank, acquired by Barclays in 1918



Remembering Bearmans



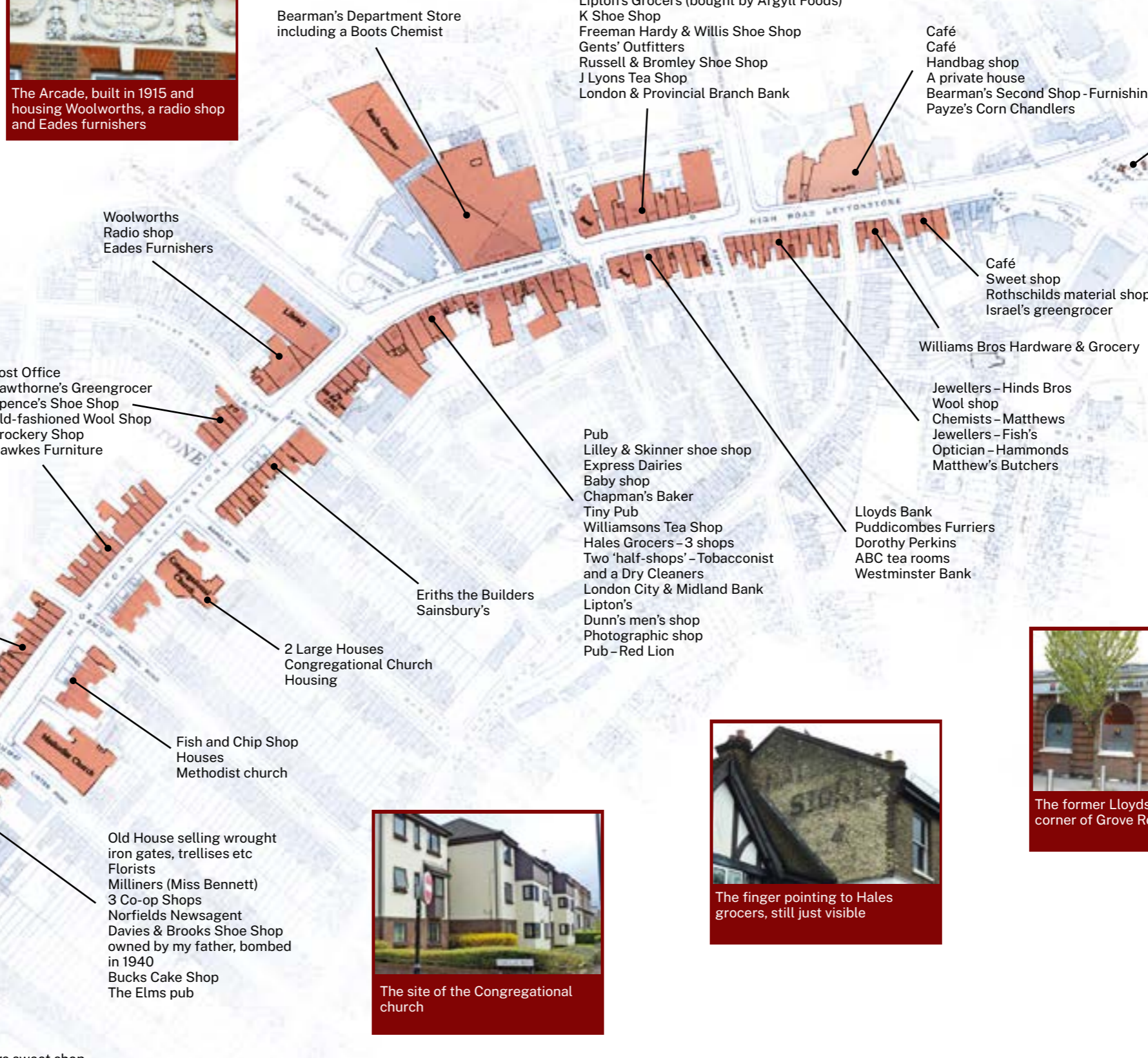
The beautifully curved windows of Russell & Bromley shoe shop



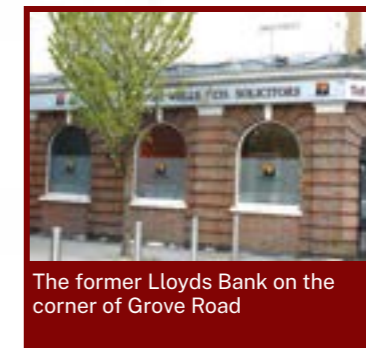
The Arcade, built in 1915 and housing Woolworths, a radio shop and Eades furnishers



C Selby & Son, still serving the Leytonstone departed



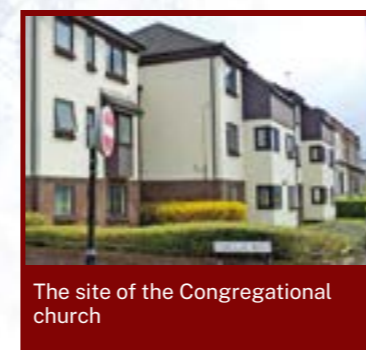
The clock - perpetually stuck at 22 minutes to eight - above jewellers Fish Bros



The former Lloyds Bank on the corner of Grove Road



The finger pointing to Hales grocers, still just visible



The site of the Congregational church

The Girl's Brigade has been meeting in Lister Road Hall for over 90 years. Through the dark days of war and a pandemic they've continued to march on. Olwen Cowen reports.

The 7th Leytonstone Brigade Company has a vibrant and significant history of nearly a century in Leytonstone. It was established for boys in 1900 and 30 years later for girls. It has survived two world wars, celebrated a coronation, enjoyed two Olympic games and now survived a global pandemic.

Every Thursday night from 6-8pm a lively, fun group of children and teenagers meet and enjoy a wide range of activities ranging through sport to arts and crafts, to cooking, movie nights and games. And if this isn't enough this colourful calendar is topped off with the highlight of the year at a weekend residential activity camp.

The youngsters have goals and work through a range of activities, mastering topics focusing on physical skills, spirituality, knowledge and service. Their successes are rewarded with badges for their efforts which they can proudly display on their bags.

Boys and Girls Brigades are made up of a varied and mixed group of young people who show kindness, positive support and encouragement of one another. The wide age range creates fantastic role models for the younger members. Many of the young adults have been with the group since being small children themselves.

During the pandemic the Brigade was quick to find creative ways around how to meet and maintain much-needed humour and support for each other. Many Thursday nights our house was turned upside down in a search for whatever item was needed for the scavenger hunt, or our floorboards were bouncing to the sound of dancing. There were quizzes, poetry, charades and physical challenges. They even managed a party.

It proved valuable for young people to check in with others and have a laugh outside of school.

Girls Brigade has been part of our family for



the past nine years, and we know it will be for many years to come. We highly recommend it. Daisy says: "My best memory was when we went to camp, we did the 3G swing, go karts and space party". Connie, 13, said "My favourite memory of GB was when I got to go to camp with all my friends and we made a boat and rowed it across a lake until it sank!"

Following the pandemic the Company is still going strong and they are just like one big happy family. The sheer hard work of leader Judith with the help of a dedicated team (Janet, Sheila, Zahra, Sarah, Julia and Kate) have kept the 7th alive and strong and always welcome new members.

The Girls and Boys Brigade now meet every Thursday from 6-8pm and ages range from 5-16. All boys and girls are welcome. Costs are £1.50 per week. If you are a young person and think you fancy a fun packed Thursday evening please email: leytonstonegb@gmail.com



The Brigade in 1934



The Brigade in 1951

BUSHWOOD PLANNING REPORT

FORMER NATWEST BUILDING Planning Application 213834

694 High Road Leytonstone 3AA
Construction of roof extension to create additional two floors to provide four residential self-contained units comprised of 4 x 2-bedroom flats (Use Class C3). These are small and appear to have no outside space.

This is delegated to council officers (see below) with no decision yet recorded. The original planning application was altered so that the extension is not so close to 14 Aylmer Rd and does not block so much of the view of that building. There is a detailed daylight study for the original application and the new one has less impact. The new application has a consultation end date of 31 January 2022.

HIGH ROAD RAIL BRIDGE Planning Application 220586

There will be some strengthening and repair work to the Leytonstone High Road railway bridge. The document says the work will start mid-May 2021 but is dated 2/2/22 so one can surmise the date should read mid-May 2022. There did not seem to be an expected finish date.

TOWN LIBRARY ROOF

Planning Application 220098
Solar panels are to be installed on the roof of the library. The application has listed building consent and there are conditions attached.

FORMER SHOEWORLD

Planning Application 213769
REFUSED. This is the old Shoe World building, 670-672 High Road Leytonstone, E11 3AA. Prior approval for the construction of a roof extension to a terraced building in commercial or mixed-use to create a second and third floor providing 6 x 1- and 1 x 2-bed self-contained flats (Use Class C3). (Amended Plans).

FORMER FRESH BAFFS

Planning Application 220126
843a High Road Leytonstone E11 1HH
Change of Use from clothes shop (Use Class Ea) to nail bar/barbers/beauty salon (Sui Generis).
This is the small shop between Costa and the charity shop, REMAR.

FORMER 95P STORE

Planning Application 213995
644-648 High Road Leytonstone, E11 3AA, consultation has closed.
This includes the old 95p shop, on going through the plans. The shop will remain as retail space with the shop front as glass similar to the estate agents next door. A new door will replace one of the existing windows in the building to provide new access to the flats.
Some decisions are delegated to council officers and this application will be decided that way.

For further information this link explains why some applications do not go to a planning committee but are delegated to officers: <https://www.walthamforest.gov.uk/planning-and-building-control/about-planning-permission/how-we-decide-planning-applications>.
Next planning meeting 3 May 7pm.

All planning meetings have been attended by BARA Committee member Rosemary Warrington.

<https://planning.walthamforest.gov.uk>

WEDNESDAY IS THE NEW FRIDAY

Sue House writes about her Wednesday night adventures in and around Leytonstone.

When I went from five days to three days a couple of years ago, Wednesday became my Friday. I realised I missed the buzz of Friday night and the separation you get from work and home by socialising (usually drinking) at the end of the working week. So, I set about arranging a Wednesday night out. I wanted to stay local as I enjoy being around E11 and these days people are less inclined to travel than ever.

The most obvious thing to do was to go out for a drink and some food. I calculated pubs and restaurants would be happy to have us, be easy to get a table and most people don't have much to do on a Wednesday. I organised nights out at the Leytonstone Tavern, delicious burgers with a free drink on a Wednesday; the Holly Tree, lovely, heated garden booths, the new Tapas bar La Rioja which I can also highly recommend, amazing food and two-for-one cocktails and of course, Panda, which never fails to please. However, I quickly realised that friends who still had to work on Thursday and Friday were not as impressed as I by the idea of necking a bottle of prosecco mid-week. I would have to be more creative. What else is going on in Leytonstone on a Wednesday?

The Stone Rangers

First up was a trip to the Stone Rangers, the Leytonstone branch of the Women's Institute, that meets on the first Wednesday of the month in the Heathcote and Star 7.30-9.30pm. A lovely bunch of women and loads going on. As well as the monthly meetings there are various sub-groups such as gardening and baking club. I joined and this will be a regular fixture for me. Contact them via their FB page Stone Rangers WI to let them know if you want to attend – the first meeting is free.

Next was an outing to Social Knitworks, an informal knitting and crochet group, who meet at the Cuckfield in Wanstead every Wednesday 7-9pm. You can find them on Facebook. A complete beginner with no equipment I was given a crochet lesson. I only managed to produce a long string but who knows what it might lead to? My friend Julie made an actual flower. Very friendly group who sit around knitting and chatting and I shall be returning to seek guidance on how to make my string into a scarf. Great as a drop-in activity. Amanda

SNT REPORT

BARA's Katy Smith chairs the regular Safer Neighbourhood's Team Leytonstone Ward Panel

The Safer Neighbourhood Ward Panel met in February after a four-month gap since the previous meeting. Sgt Jabs Jaleel was welcomed to the meeting and he advised that he covers Leytonstone, Cann Hall and Cathall Wards with his teams collaborating across the three wards to cover days off and staff shortages. Leytonstone Ward has not yet filled the gap left by PCSO Anabell Hassan who left in December. Sgt Jaleel reported that the three teams have a great relationship with the LBWF to tackle closure orders. The Ward Panel again reiterated their thanks to Anabell who had done an excellent job in her role over the last few years and that she would be sorely missed. In the preceding five months there had been 62



“ I quickly realised that friends who still had to work on Thursday and Friday were not as impressed as I by the idea of necking a bottle of prosecco mid-week. I would have to be more creative.

Jones, a BARA resident who is one of my mid-week partners in crime, managed to produce a whole, if somewhat small, square of knitting. Also on a Wednesday is the long-standing What's Cookin' live music night, located in the Leytonstone Social Club on Harvey Road next to the Red Lion. This hosts bands weekly and describes the music as a little bit of country and a whole lot of rock and roll. You can find them on Facebook and at whatscookin.co.uk. Tickets best booked in advance.

What have I got planned next?
First up is a traditional Irish music session at the Nightingale Pub in Wanstead. My friend and BARA neighbour Emma Scarr, a musician

motor vehicle crimes, 22 burglary crimes, 17 robbery reports, 18 harassment reports, 11 assaults without injury and 11 violent crimes.

Detailed statistics can be found online on <https://www.met.police.UK/> - enter your area, click onto stats and preventions advice and/or crime data dashboard for further information.

The three wards have worked closely over the previous months carrying out a number of visits to addresses where there are currently court issued closure orders in place due to ongoing anti-social behaviour issues. The visits had resulted in a number of arrests. A cannabis factory had been found and investigations are ongoing with a suspect identified. The Leytonstone Team continues to make attempts to arrest known wanted offenders in the area and we currently have one of the lowest numbers of wanted offenders across the borough. Reports that an unknown male visited a particular wine bar and was harassing female customers resulted in the SNT conducting regular targeted patrols in the area. The male was identified and given a final warning. The Team has also

herself, who runs the monthly Leytonstone Folk Club on a Thursday at St Johns Church Hall, will take her fiddle, and join in while I will toe tap along.

Wanstead Tap

Another well-established local venue is the Wanstead Tap which often features events on a Wednesday. Unique and quirky with Dan Buba on hand as the best host in East London, the Tap is one of my favourite venues in the area. On 13 April I will hear a talk by Ashley Hickson-Lovence about the first Black referee in football. You can find the Tap on Facebook or at thewansteadtap.com.

Finally, if all else fails there is always an exercise class. Fitness Hub offers a dance class on a Wednesday from 7.45pm called VibeZ, really good fun and a great way to unwind after three solid days in front of a screen. I was hopeless but no one cared. They also offer a boxing class on a Wednesday which I am going to try as I am pretty sure I am a better puncher than I am a dancer.

I went from an ambition of a monthly outing to a choice of things to do every week. The only problem is that Tuesday now feels like Thursday, so I feel I deserve a glass of wine then as well.

moved to a more proactive style of policing to really tackle crime around the ward. This has meant that they are stopping and engaging with more people who are likely to be carrying drugs and/or weapons.

The police were also able to arrest two people who had mugged an elderly BARA member on his way home from the mosque. They are now detained on remand awaiting a court hearing.

PC Dave Pinkney advised members that a prolific garden shed burglar had been released from prison so asked that residents take care to ensure that their sheds and garages have strong locks etc. He also wanted to remind residents that gangs were still cycling around stealing mobile phones so please be careful when using your mobile while out and about.

The next meeting of the Ward Panel will take place again online on 10 May 2022 at 7pm. If you haven't attended a meeting before but would like to please email Katy at currant-bun52@yahoo.co.uk and she will forward the link to the meeting nearer the time.



Nerine bowdenii



Marigold 'Sunset Buff'



Cerinthe major

GONE TO SEED



Cosmos bipinnatus



Dahlia 'Bishop of Canterbury'



Gladiolus papilio 'Ruby'

Despite our best efforts planning our garden, sometimes things go awry and plants fail. Garden designer Mark Cummings identifies some quick fixes to fill the gaps.

As our clocks head forward and the temperature rises Spring really starts licking her lips. Flowering bulbs are showing off, the first round of blossom bursts forth and those early flowering perennials become a meal ticket to any passing pollinator.

I really love this time of year. The zesty, zippy colours of freshly emerging foliage can't be matched for its ebullience. The rate of growth of established plants is frankly quite startling and the very air reeks of possibility.

At this time of year opportunity also knocks. There will be inevitable gaps in the garden where plants have failed, or bulbs diligently planted will have succumbed to a greedy squirrel or rotted in a patch of London clay. These spaces haven't been planned, so need a measured and relatively quick response if one is to take advantage of the coming season.

You could take the opportunity to sow seed. Especially if you are looking for an economical way to boost your plant numbers. There is a myriad of options for a quick fix. Choose an annual as they sprout, grow, flower and set seed within a year. They are fast growing and there will be something that thrives in most areas of your garden. Many can be directly sown in the area you wish them to flower. Nigella (love-in-a-mist), Calendula (marigold) cornflowers, poppy and Cerinthe (honeywort) will all grow where you throw. They will also self-seed lapse-a-deistically round your garden but are easy to harvest if you prefer to be in control of where they pop up next year.

If you are truly organised annuals can be sown the year before, but you need half hardy or hardy annuals to guarantee success. Tender

“ Salad crops can be a great addition to the border. There are some fantastic leaves that look as good in your garden as they do on your plate. The flower of rocket is particularly delicious to look at when it bolts.

annuals should be grown in a green house and need a bit more mollycoddling. The advantage of sowing the year before is larger plants that are ready to fill a space the moment you need it. Direct sowing may take a little longer, but the plants will soon grow into their space.

Salad crops can be a great addition to the border. There are some fantastic leaves that look as good in your garden as they do on your plate. The flower of rocket is particularly delicious to look at when it bolts. Choose heritage varieties and you will be harvesting year on year.

Dahlias are another stellar addition to the garden gap. Pot them up in March and they will be ready to plant a few weeks later. They will also flower until the first frosts which, in London, may be as late as December. They are perfect for cutting too so will cheer up inside as well as out.

Dahlias flower in all shapes and sizes. I pulled one out of a client's compost bin and watched as it slowly engulfed two metres of my garden before it eventually flowered. We call it Big Bertha as we have no idea of the cultivar.

Allow yourself to be utterly seduced by the varieties – 'pom pom' or 'cactus' 'semi cactus' or 'ball' but select a few singles as these are the only ones that pollinators can access. The 'Bishops' varieties have a dark coppery foliage

so add an extra dimension to the border.

Summer and autumn flowering bulbs are great space fillers too. The big draw about them is their small footprint. They can be sited in when the borders are looking fuller, but you know will need a top up. My favourite is the gladioli. You can channel Dame Edna with brash and bolshy colours that will give you up to a meter of height or more on a narrow spike. A true exclamation mark! Plant them in March and they are soon poking their noses out. They emerge gracefully before bursting forth in blousy fanfare. If you are feeling more restrained but like the idea, try the species gladiolus papilio 'Rubra' which is particularly refined.

And for a sure-fire autumn swan song select nerine bowdenii. It needs to be baked and won't tolerate waterlogging. So, if your garden is sat on a bed of London clay (aren't they all?) opt for pots instead. Plant 3-5 close together – they love to be pot bound. And leave the neck of the bulb on show. I top dress with grit to keep them stable until they root, and they seem to cope well with that. They thrive on neglect, barely need anything other than rain water and can be moved out of sight when they are over. Just remember to put them back in the sun the following spring.

Before you know it its autumn again and time to try different bulbs in different places. But keep some seeds back as you know there will be a place for them next year.

Suppliers:
The Heritage Organic Seed Company
www.heritageorganic.com
Seeds:
The Heritage Organic Seed Company
heritageorganicseeds.com
Sarah Raven
Sarahraven.com
Bulbs: Jacques Amand
jacquesamandintl.com

Community Event Listings

BARA Groups

Bara Football

When: 7-8pm every Thursday
Where: Leytonstone School
Contact: contact@jakegreen.co.uk
The Details: Five-a-side with a medium and slightly varied level of skill. House rules apply. Residents can email Jake to be added to the mailing list. An email gets sent around every week checking numbers and confirming the pitch booking.

Cycling

When: Every Saturday morning 8.30am
Plus social rides on first Sunday of month
Where: Meets mostly at McDonalds
Contact: NorthStarVelo.com
The Details: Long running East London cycling group catering for all types of riders.

Pet Group

BARA has had a Pet Group for a number of years. The members help out with each other's pets, often with feeding during a holiday but can also help in other ways. New members welcome. We are having a social gathering in the evening on Tuesday 10th May if anyone would like to come along and meet us. If you would like to come along or would like to join the group please text Jo on 07757 964911.

A BLISTERING SUCCESS

It's been a year since a small item on the BARA Facebook page shared the news that blister packs could now be recycled at larger Superdrug branches that have a pharmacy. A joint venture with international recycling organisation, Terra Cycle, has proved to be a great success. BARA people are making their mark in this project by leaving their used packaging at 67 Leybourne Road. A large carrier bag of used blister packs goes to Superdrug in Walthamstow on a weekly basis.

THANKYOU BUSHWOOD

Sybil Ritten wanted to thank all those local residents who signed the Margaret centre postcards. She said 'I know there were a lot of BARA people who support the retention of a palliative care unit and the holistic care that it has given many people through the years.'



BARA Social

The BARA social listings are back! Covid put a stop to all events in E11 but now things are easing a lot more local events are planned as well as group activities. Here's what's happening over the next few months. If you have any events planned and want them to be included in future listings please send them to BARAConnect@gmail.com so we can include them. If you have an existing local group or BARA group that you want to include in a group listing then please get in touch.

Events Diary

Sun 17th Apr	Drag Out The Weekend with Bambi	Northcote 6.30pm
Tue 19th Apr	Dirty Dirts Amateur Social	Northcote 7.30pm
Thur 21st Apr	Lunchtime Concert	St Johns Church 1pm
Thur 21st Apr	Music Bingo with Dave Octave	Northcote 7.30pm
Fri 22nd Apr	Spring Market	Leytonstone Library 10am
Sat 23rd Apr	Spring Market	Leytonstone Library 10am
Sat 23rd Apr	The Wines of Georgia	Theatre of Wine 7.30pm
Sun 24th Apr	Spring Market	Leytonstone Library 10am
Sun 24th Apr	Visible Mending Workshop	Stone Mini Market 10am
Thur 28th Apr	Ben Aaronovitch: Amongst Our Weapons	Wanstead Tap 2-6pm
Thur 28th Apr	Oh So Funny - Comedy Night	Heathcote & Star 7pm
Tue 26th Apr	Paul Talling Derelict London	Wanstead Tap 7pm
Wed 27th Apr	Ben Aaronovitch: Amongst Our Weapons	Wanstead Tap 2-6pm
Thur 28th Apr	Ben Aaronovitch: Amongst Our Weapons	Wanstead Tap 2-6pm
Thur 28th Apr	Pianoke - Singalong around the piano	Northcote 8pm
Thur 5th May	Music Bingo with Dave Octave	Northcote 7.30pm
Sun 1st May	This Ain't No Disco: Vinyl Night DJ	Northcote 2-6pm
Wed 4th May	Parent and Baby Wine Tasting	Heathcote & Star 12pm
Wed 4th May	Alexander and Jessica Elgot CITIZENS	Wanstead Tap 7pm
Sat 7th May	Leytonstone Makers Market	St Johns Church 11am-4pm
Sat 7th May	Roman Wines Fit For Caesar!	Theatre of Wine 7.30pm
Sat 7th May	Albion meets WheelUp! Reggae & Jungle	The Red Lion 2pm-2am
Sun 8th May	Jazz Night with Gaetano Di Giacomo	Heathcote & Star 6.30pm
Tue 10th May	Razzmatazz Musical Anthology of NY	The Birds 2pm
Tue 10th May	BARA Pet Group Meetup	
BARA Road Rep Party		7pm
Wed 11th May	JB Priestley: A Good Companion?	St Johns Church 7.30pm
Sat 14th May	Lunchtime Concert	St Johns Church 1pm
Thur 19th May	Lunchtime Concert	Leytonstone Library 10am
Fri 22nd May	Spring Market	Theatre of Wine 7.30pm
Sat 28th May	Sherry & Wines of Andalusia	St Johns Church 11am-4pm
Sat 11th June	Leytonstone Makers Market	St Johns Church 1pm
Thur 14th June	Lunchtime Concert	Leyton Jubilee Park 9am
Sat 18th June	Tour De Waltham Forest	St Johns Church 7pm
Sat 18th June	Tour De Waltham Forest	Leyton Jubilee Park 9am
Sun 19th June	Stone Pride - Two Week Pride Festival	Stone Mini Market
From 29th June	Leytonstone Makers Market	St Johns Church 11am-4pm
Sat 2nd July		

Regular Events

Monday

Craft Beer & Games Console Night	Lord Rookwood	coming soon
Blues Nite	Leytonstone Social Club	8pm
Let's Dance	Leytonstone Social Club	1st Mon of Month 2pm
Bingo	Leytonstone Social Club	2nd/4th Monday 2pm

Tuesday

Dirty Darts	Northcote Arms	Fortnightly 7.30pm
East Side Jazz	Leytonstone Social Club	7pm

Wednesday

What's Cookin'	Leytonstone Social Club	7pm
Quiz Night	Lord Rookwood	7.30pm
Pub Quiz with Ditzzy Ritzzy	The Birds	7.30pm
Quiz Night	The Red Lion	7.30pm
Open Mic	The Luna Lounge	8pm
LTG - Board Game Night	Stone Mini Market	7pm
Stone Rangers - Womens' Institute	Heathcote & Star	1st Wednesday 7.30pm

Thursday

Leytonstone Folk Club	St John's Church	7.30pm
Music Bingo	Northcote Arms	Fortnightly 7.30pm
Piano Singalong	Northcote Arms	Fortnightly 7.30pm
Yarnivores: Crochet, knit & stitch	Stone Mini Market	Fortnightly 6pm

Friday

2-4-1 Cocktails	Lord Rookwood	All day
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Sunday

Vintage & Craft Market	Lord Rookwood	2nd & 4th Sundays
Drag Out The Weekend	Northcote Arms	6.30pm

BARA FOOD BANK COLLECTION LOCATIONS

BARA has drop-off points in front gardens within the Bushwood area (see map, right). All dried and tinned goods are welcome including tinned vegetables, fruit, fish and meat; pasta, flour, long-life milk, tea, coffee, cereals, pet food, cleaning products. Standard sizes are preferred.



BARA Calendar Competition



The BARA Calendar Competition is well under way with lots of Winter photographs sent in by BARA members and we are now accepting photos of Bushwood and its locale depicting Spring. Here's a recap on how the competition will work: The idea is to have a seasonal photo depicting Bushwood and the surrounding locale for each month of the year. All photos will be judged and the best 12 selected will have one relevant month allocated to their winning photo. There will be a prize for one very special photo which will proudly be on the front cover. We will have the calendar printed up and added to the BARA merchandise shop in time for you to buy them for Christmas presents. We will put reminders on our Social Media and also our email newsletter to let you know which season we are requesting. NB all photos must be your own work and that by submitting them you are allowing them to be published. Any persons appearing in the photos must grant their permission for publication.



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